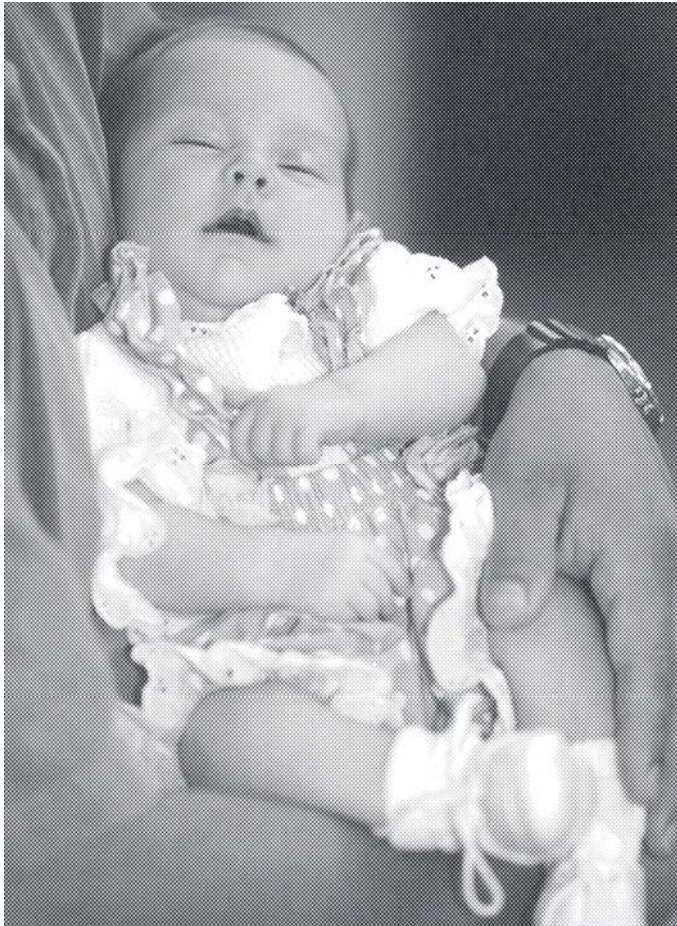


Are You Ready To Be A Dad?



New babies don't come with owners manuals. Breast feeding, diaper changing, and dealing with mom are all new experiences for first time fathers. At Boot Camp for New Dads we train first time fathers to be experienced Dads.

Spend one 3 hour workshop taught by dads who bring their own babies to practice with and you will leave more confident in your ability to be a great dad.

VCU Medical Center
Virginia Commonwealth University

MCV Main Hospital 8-East, Room 210

9-noon, Saturday, 12/12/09; 2010 dates: 4/10, 10/23

VCU Women's Health Center at Stony Point

9-noon, Saturday, 2/20/10, 6/26/10, 12/11/10

Additional dates & locations available.

Register at First Things First

804-288-3431 or

www.FirstThingsRichmond.org



VCU Medical Center
Virginia Commonwealth University

